

## Glorious Fresh Fruit Salad

### Ingredients:

- 2 apples, thinly sliced, unpeeled
- 1 c green or red grapes, seedless
- 1 banana, sliced
- 1 16 oz. can pineapple chunks, drained
- 1 c cantaloupe, cut up
- 1 kiwifruit, peeled and sliced
- 1/4 c sour cream, low fat or sour cream substitute (for dressing)
- 1 c cottage cheese, low fat, small curd, creamed (for dressing)
- 1 c yogurt, vanilla, low fat (for dressing)
- 2 T honey (for dressing)
- 2 tsp lime juice (for dressing)



### Directions:

To make dressing, combine sour cream, cottage cheese and yogurt. Mix well. Blend in honey and lime juice. To make salad, combine first five fruits with a little of the dressing; garnish with slices of kiwifruit. Serve remaining dressing separately.

Makes 6 servings.

### Nutritional Information (per serving)

Calories: 230

Cholesterol: 7 mg

Fiber: 3 g

Fat: 2 g

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